

# **HILL & DALE 8 MILES**

## **Saturday, January 3, 2009**

### **Part of 30th Annual Tennessee State Park Running Tour**

**MEEMAN-SHELBY FOREST STATE PARK, Millington TN. Park 901-876-5215.**

**Directions:** Take I-40/I-240 North Loop to Exit 3, North Watkins and continue on Watkins approx. 12 miles crossing Hwy. 51 and the Loosahatchie River to the dead-end at Locke Rd. Turn left on Locke and go straight at the 4-way stop at the General Store (Locke becomes Benjestown Rd) for approx. 2 miles and turn right on Grassy Lake Rd across from the athletic fields. Go 1 mile passing the camping area and swimming pool to the lodge on your left.

**Start and Finish:** On Grassy Lake Rd at Lodge at 11:00 AM central time.

**Course:** go south for 1 mile to a turnaround on the levee and back, then turn left onto a bike trail for 2 miles. It connects with Piersol Rd for 1 mile to a second turnaround at Piersol Lake picnic area. Same way back to the start (3 Miles). Every mile is marked.

**Long Sleeve T-shirt:** guaranteed to all pre-registered runners (by December 18).

**Awards:** Special awards to top 3 male and female overall, masters (40+), grand masters (50+) and senior grandmasters (60+). Five-year age groups with top 3 awards in each category from under 20 to 65+. Award ceremony at the shelter with post race party with delicious hot foods prepared by "Fork It Over" and post race snacks from Kroger (Mick Seys).

**Door Prizes** furnished from Breakaway Athletics and MRTC.

**Register** online at: [memphisrunners.com](http://memphisrunners.com) (click on Hill & Dale).

**Pre-registration Deadline:** December 18, 2008. Note 2-week deadline!

**Race day** registration from 9:30 to 11:00 a.m.

**Race Director:** Rachel Ragan, Memphis Runners TC, Ph. 901-486-0221.

[Rara.rara@comcast.net](mailto:Rara.rara@comcast.net).

**Entry Fee:** \$18.00 payable to MRTC or \$5.00 without shirt. Late fee without T-shirt \$12.00. Race day with shirt \$25.00.

Mail registration to: **Hill and Dale, MRTC**  
**P. O. Box 17981**  
**Memphis, TN 38187**

[Link to Registration Forms](#)